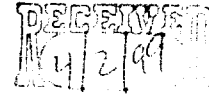


FITNESS LABS™

NUTRITION CORPORATION

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March 24, 1999

Linda S. Kahl, Ph.D.
Office of Special Nutritionals (HFS-450)
Center of Food Safety and Applied Nutrition
Food and Drug Administration
200 "C" St. S.W.
Washington, D.C. 20204

Dear Dr. Kahl:

Fitness Labs Nutrition Corporation wishes to notify the Food and Drug Administration that it has, within the past 30 days, commenced marketing a dietary supplement which bears a statement under Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act.

The dietary supplement for which the statement is made is Soy Protein Isolate. The dietary ingredient that is the subject of the statement is Isolated Soy Protein. The statement reads as follows.

"Scientific research continues to demonstrate that substituting soy protein for animal proteins in the diet can lead to beneficial health effects. However, researchers have not agreed on the precise mechanisms involved. Currently under thorough investigation are a type of phytoestrogens called soy isoflavones."

This statement is accompanied by the required disclaimer which is prominently displayed in bold-faced type.

This information contained in this notice is complete and accurate and the above statement is based on data which renders these statements substantiated, truthful and non-misleading.

Sincerely,
Fitness Labs Nutrition Corporation

Daniel R. McFarland
President

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